PANCAKE TUESDAY
HOW TO BUILD YOUR OWN HOT STACKS {page 10}

SLAYING THE DEFICIT
BUDGET AXE AT HAND, ONTARIO LEGISLATURE RESUMES {page 3}

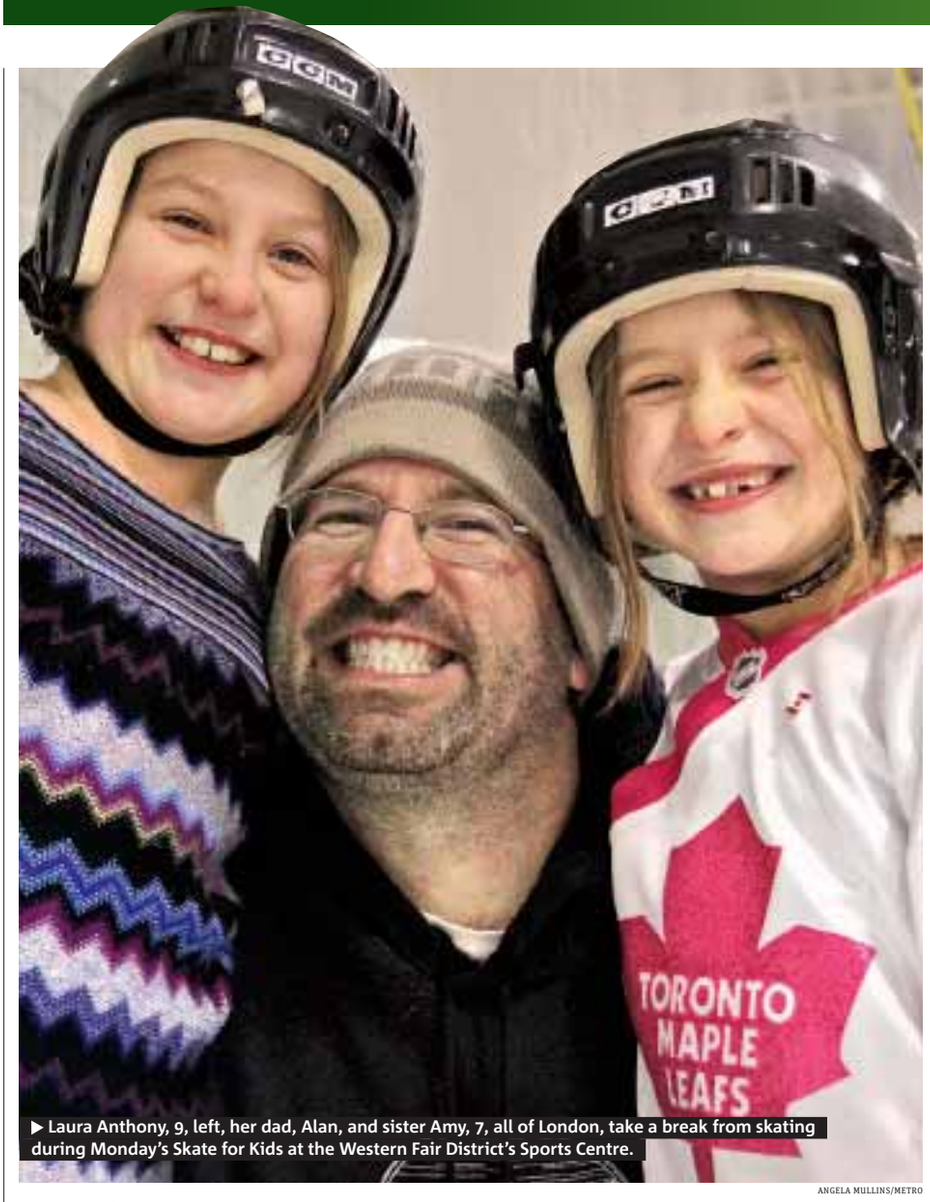
MAKING TRACKS

UWO'S MICHAEL SONIER GETS A JUNO NOM {page 2}

LONDON metro®

Tuesday, February 21, 2012
www.metronews.ca

News worth sharing.



▶ Laura Anthony, 9, left, her dad, Alan, and sister Amy, 7, all of London, take a break from skating during Monday's Skate for Kids at the Western Fair District's Sports Centre.

ANGELA MULLINS/METRO

All for one, fun for all on Family Day

Participating in the annual Skate for Kids, organized by London West MP Ed Holder, has become a Family Day tradition for Alan Anthony and his girls. Holder teams up with a community group to get families on the ice each year at the Western Fair District's Sports Centre. This year, Holder's camp worked with the Boys & Girls Club and accepted donations for the London Food Bank.

Fiscal future up for debate

- **Council meets today for final budget vote**
- **0% tax increase could be on shaky ground**

City council will give final approval Tuesday to the 2012 budget.

But before the bell tolls on how much more Londoners will pay in taxes, another debate is expected. In a nutshell, the debate boils down to how well city coffers will be padded for the future, Coun. Paul Hubert said.

"I'm in favour of prudent fiscal responsibility," Hubert said Monday. "I'm also in favour of us having some financial principles (including not increasing our debt).... We need to 'pay as we go,' (not) put it off so our kids and grandkids are paying for it."

▶ Paul Hubert

City councillors ended a marathon Feb. 9 budget discussion by giving preliminary approval to a plan that avoided a tax increase by making about $2.8 million in service cuts and putting less than expected into reserve funds.

Among the most controversial moves was shaving $1 million from the $2 million planned for the affordable-housing account. That decision has come under heavy fire, and Hubert — one of the seven councillors who opposed the cut — is leading a charge to reopen the discussion. Some have said they are reconsidering their previous vote.

Hubert also wants to see at least two other decisions — worth about $1.8 million to reserve funds — reversed.

Many of the cuts councillors endorsed Feb. 9 won favour in the frenzy of a push to freeze taxes.

In other news

Councillors are expected to vote on several other issues.

- Getting input from city staff on a smoking ban at sports fields, playgrounds, swimming pools, splash pads and public gardens.
- Taking the first steps toward building a BMX park.
- Taking a more relaxed approach to monitoring noise-bylaw violations during outdoor concerts.

Mayor Joe Fontana campaigned on a tax freeze and has been a leader of what's been dubbed a "drive toward zero" during the last three months of budget debates.

Hubert and some others don't support the idea if it means deep service cuts and policy changes they consider fiscally risky.

Cutting the amount of money put toward affordable housing — and into other reserve funds — would be a permanent move with the impact multiplying year after year, Hubert said.

In a recent survey, 81 per cent of the 1,300 people who responded were opposed to using reserve funds to avoid a tax increase, the councillor said.

"In 1999 and 2000 we had a zero per cent tax increase, then … it was 17 per cent over (the) three (subsequent) years," he said. "So history says, that when we don't set aside money for infrastructure, we end up paying more … later."

ANGELA MULLINS

1 news

It's been an upbeat three years for Archie, but a bizarre CEO feud is rocking the company behind the comic.

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Canadians living across the border from Detroit are rallying to put an end to what they call 'The Windsor Hum.' Watch at metronews.ca/video

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Music student finding his groove

Western's Michael Sonier worked on Juno Award-nominated single Soon-to-be grad says dedication is the key to success

ANGELA MULLINS
@METRONEWS.CA

Michael Sonier. Jot that name down somewhere because you're likely to hear it again. Maybe as soon as April when the Juno Awards are handed out in Ottawa.

Sonier, a music student at Western, was the recording engineer for Jully Black's Set It Off, nominated for R&B/soul recording of the year.

The gig came through a combination of "right place, right time" and nearly four years of networking. While other students were taking summers and weekends off, Sonier has spent his university years "getting a foot in the door" of the Toronto music scene.

"My goal was to make connections and not waste time," the 22-year-old said. "I've accomplished a lot in the past four years because I've set out to accomplish a lot."

Sonier was working at Toronto's Pocket Studios last summer when Jully Black came in to lay down tracks for her new album 8IGHT.

One conversation led to another, Sonier exchanged phone numbers with one of Black's producers and days later the phone rang.

"They had just written a song and needed an engineer," Sonier said. "I was like, 'Oh my God, I'm going to meet Jully Black.'

"I was just freaking out. I was just so nervous. I had never worked on a big project with a big artist before."

Triple that excitement and it's somewhere near the way Sonier felt when the Juno nominations were announced earlier this month.

That, plus Butterflies — a song Sonier co-wrote and co-produced for London's Liz Coyles — recently broke onto the Billboard Top 40 charts.

Sonier began working with Coyles after liking her sound while judging the Western Idol competition.

Discovering talent is what Sonier hopes will be a career linchpin after graduation this spring.

"I have a long way to go. Even though I look at my success with Liz and Jully, there's still a huge journey for me ahead," Sonier said.

"I want to find the next artists, (the ones) that are going to be the next big thing."

Michael Sonier

Take a quick look at Michael Sonier's profile:

- **Hometown:** Cornwall
- **Favourite music genre:** Rock
- **Right now:** Sonier is currently a fourth-year popular music studies student in Western's Don Wright faculty of music.
- **Plans after graduation:** He plant to be discovering talent at Pocket Studios in Toronto.

CONTRIBUTED

▶ Recording engineer Michael Sonier hasn't even graduated from Western University yet and he already has a Juno Award nomination.

Indoor zip line added to show

An indoor zip line is part of the Long Point Eco-Adventures booth at the Sport and Recreation Show this weekend at the Western Fair District.

Located inside the Agriplex at 845 Florence St., the 200-foot-long ride is free with admission to the show.

The Sport and Recreation Show runs Saturday and Sunday from 9 a.m. to 5 p.m.

$5 Price of tickets at the door for the Sport and Recreation Show. Children under five years of age are admitted free.

For more details on the show, visit westernfairdistrict.com.

METRO

CONTRIBUTED

News in brief

Bridge closes for repairs

Blackfriars Bridge, which connects Ridout Street to Wharncliffe Road, will be closed starting Tuesday to allow for repairs to the wooden deck surface. Work on the bridge is scheduled to be complete within a month. METRO

Public invited to police event

On Wednesday at 6 p.m., London police will host a Black History Month event to acknowledge the trailblazing achievement of Lewis Coray. Coray was the first black police officer hired by the London Police Service in 1951.

METRO

OHL

Knights lose in Sarnia

For just the second time this season, the London Knights have lost twice in a stretch of three games.

The Sarnia Sting defeated the visiting Knights 6-2 on Monday.

The Knights also dropped a 4-1 decision to Windsor on Friday, but handled Kitchener 5-1 on Sunday.

London also dropped two of three in early November.

Against Sarnia, Max Domi and Josh Anderson scored for the Knights, who outshot the Sting 36-27. Michael Houser took the loss for London.

The Sting scored twice on three power-play chances, while the Knights were 0-3. METRO

Tip leads to man's arrest

London police have arrested a man after a tip from OPP in Kirkland Lake.

Police say they received a call Sunday about a possibly suicidal man allegedly residing in London. The OPP also told London police the man was wanted for uttering death threats.

The OPP continue to investigate.

AM980/AM980.CA

Severance talks ongoing

There's still no word on a severance deal for the 465 locked-out workers from Electro-Motive.

Sunday was the first day back to the bargaining table for both union leaders and Caterpillar after taking several days off to review proposals put forth by both sides.

A meeting has been set for Thursday. AM980/AM980.CA

Debt in focus at Queen's Park

NDP Leader Andrea Horwath has said she's willing to work with Tories and Liberals to make new session of legislature work Conservatives have called for Health Minister Deb Matthews to resign over Ornge scandal

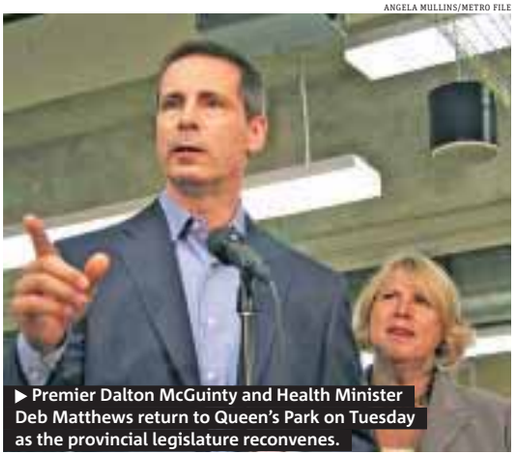
Ontario's growing debt is the bogeyman that keeps Finance Minister Dwight Duncan awake at night.

For everyone else, the new nightmare is where he'll swing the axe in his spring budget — and who will end up paying the price if he doesn't.

The daunting task of putting together a budget that will meet the minority Liberals' deficit-elimination target while satisfying at least one of the opposition parties will dominate the upcoming legislation session, which resumes Tuesday.

But a criminal probe into "financial irregularities" at Ornge, Ontario's troubled air-ambulance service, is also threatening to steal the spotlight. The criminal investigation of a provincial agency is the type of scandal that could, under the right circumstances, trigger an election.

ANGELA MULLINS/METRO FILE



▶ Premier Dalton McGuinty and Health Minister Deb Matthews return to Queen's Park on Tuesday as the provincial legislature reconvenes.

But that's highly unlikely, said Bryan Evans, a politics professor at Ryerson University.

All three parties need to pay off their election debts and replenish their coffers, he said. Opposition chief Tim Hudak, who won another mandate after a disappointing defeat last fall, also needs to rebrand the party before making a play to topple the Liberals.

"Will (the opposition) go after the government? For sure. But they're not going to make an election the objective."

BRYAN EVANS, POLITICS PROFESSOR, RYERSON UNIVERSITY

The other big hurdle is the upcoming budget, a document that needs to satisfy voters and lenders that the government is serious about slaying the province's massive deficit by 2017-18 without going too far with its cost cutting.

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Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Union Station
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

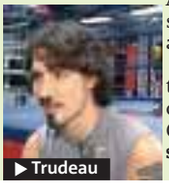
FIGHT FOR THE CURE

Trudeau the underdog in charity fight

Conservative Sen. Patrick Brazeau is the favourite against Liberal MP Justin Trudeau in an upcoming boxing match, an online bookmaker says.

Bodog.ca said it looked at the men's experience — particularly Brazeau's black belt in karate — and physical stature and put Brazeau at -500 odds and Trudeau at +300. That means Brazeau has more than an 80 per cent chance of winning, it said.

"I was just trying to size up these fighters as if they were actual boxers and trying to put them at a number," said Adam Burns, sports-book manager for Bodog.ca.


▶ Trudeau

The Fight For the Cure match is on March 31 in Ottawa. JESSICA SMITH IN OTTAWA

Third charge laid in 'couch surfing' death

A Quebec man accused of driving a vehicle that dragged a sofa carrying two of his friends, one of whom was killed, faces three criminal charges.

Alex Labbe, 21, of St-Benjamin, had already been charged with hit-and-run causing death and dangerous driving causing death. On Monday, the Crown laid a third charge of criminal negligence causing death in the Saturday-night stunt that killed Francois Hallee, 22. He was freed on $2,000 bail.

THE CANADIAN PRESS

Feds blasted over veterans' aid

Vets not given proper reasons for denial of benefits, ombudsman says

A report on how former soldiers are told whether they have qualified for disability benefits is the start of a wide-ranging look into problems plaguing veterans' care, the veterans ombudsman says.

In his report into whether veterans are given enough information about why they are granted or denied disability benefits, Guy Parent found the government is failing.

And failure so early in the process can have a domino effect that Parent says he intends to study over the coming years.

"We needed to start somewhere and I think this is a good point," he said in an interview.

The report released Monday reviewed a sample of 213 disability benefit decision letters sent between 2001 and 2010 and found that none clearly stated the reasoning behind the decision. About one in five gave enough detail for veterans to attempt to deduce the rationale, but the remainder came up entirely short.

Parent said providing information to support a decision is fundamentally different from simply providing a reason for a decision. Failing to provide supporting information for decisions is at odds with the Veterans Bill of Rights and other federal laws, he said.

His report makes four recommendations. The way the letters are generated needs to be improved and reasons for decisions need to be in plain English, not medical or legal terms.

It also says manuals should be reviewed to make sure adjudicators are aware of what has to be in the letters, and a quality assurance system must be in place.

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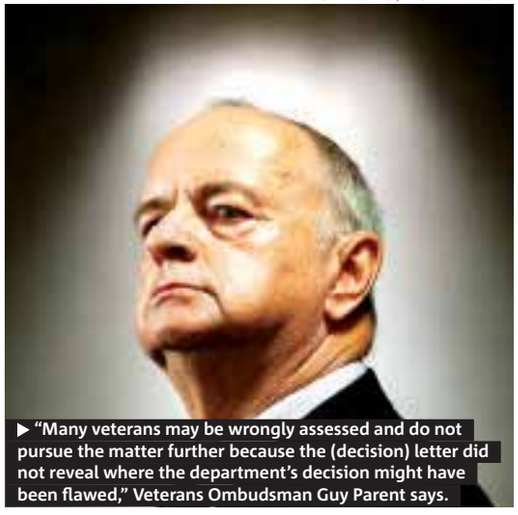
Reaction

- **A spokeswoman for** Veterans Affairs Minister Steven Blaney said he welcomes the report and intends to act quickly.
- **"Cutting red tape and** providing hassle-free services to our veterans is minister Blaney's top priority," Codie Taylor said.

SEAN KILPATRICK/THE CANADIAN PRESS FILE


▶ "Many veterans may be wrongly assessed and do not pursue the matter further because the (decision) letter did not reveal where the department's decision might have been flawed," Veterans Ombudsman Guy Parent says.

Afghan cold claims dozens of children

More than 40 people, most of them children, have frozen to death in what has been Afghanistan's coldest winter in years, an Afghan health official said Monday.

The government has recorded 41 deaths from freezing in three provinces — Kabul, Ghor and Badakhshan — said Health Ministry spokesman Ghulam Sakhi Kargar.

All but three or four of those who died were children, he said. Twenty-four of the deaths were in the capital of Kabul, mostly in camps for people who have fled fighting elsewhere in the country.

Kabul has been experiencing its worst cold snap and heaviest snowfall in 15 years, the country's National Weather Centre says. It said the weather was to improve by the end of the week.

The hardest-hit have been people living in tents in a number of camps around the capital. Kargar says the ministry is establishing mobile clinics to try to get help out to people suffering in the cold.

Heavy snowfall in Day Kundi province caused an avalanche late Sunday in the Sang-i-Takht district that damaged three dozen homes and shops but caused no injuries, said Nasrullah Sadiqizada, a member of parliament from the central province.

THE ASSOCIATED PRESS

Help on the way

- **The UN and a U.S. aid** agency are distributing blankets, tarps and fuel to people living in 40 camps in Kabul.
- **NATO also delivered about** 1,000 blankets, coats, socks, mittens and hats to a refugee camp in Kabul.

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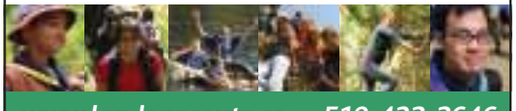

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Or email s.lindsay@londonscouts.ca

Red Cross urging ceasefire in Syria

The International Committee of the Red Cross (ICRC) is trying to broker a ceasefire aimed at allowing emergency aid to reach people in the areas most affected by fighting in Syria, where thousands have died in an 11-month uprising against President Bashar Assad's regime.

An ICRC spokeswoman, Carla Haddad, said the Geneva-based aid group has been in talks with Syrian authorities and opposition groups for some time, but attempts to negotiate a ceasefire began only recently. THE ASSOCIATED PRESS

Ugandan women sold as sex slaves

Advertisements pinned on the walls of malls in Uganda's capital promise young women a free ticket to a well-paying job in Malaysia as a nanny or maid.

Instead, authorities say, many are forced to become sex slaves to pay off travel fees and other costs totalling as much as $7,000. The traffickers brainwash their victims into believing they may die if they quit, apparently by collecting samples of their hair and fingernails. Authorities say nearly all of the girls have college degrees but have failed to find jobs in Uganda, where unemployment is high. THE ASSOCIATED PRESS

Canada Post must modernize, says CEO

- $2.1 billion being put towards revamping service
- Plans to branch into e-commerce to win business

The growth of online retailers represents the biggest opportunity in a generation, but Canada Post chief executive Deepak Chopra says the post office needs to change to survive as fewer letters get delivered each year.

Chopra says the organization is going through its biggest upheaval since the introduction of postal codes and machine sorting.

While the number of windowpaned envelopes with the latest Visa bill or bank statement are decreasing, the volume of envelopes with eBay purchases are on the rise.

PAWEL DWULIT/THE CANADIAN PRESS

▶ Canada Post president and CEO Deepak Chopra

"We're on the verge of a massive explosion in e-commerce," said Chopra.

Postal services around the world are facing the same trends that squeeze their business, undercut revenues threaten to produce mass layoffs. The U.S. Postal Service says it may lose as much as $18.2 billion a year by 2015 unless the government allows it to eliminate Saturday delivery, slow first-class mail by one day and raise the price of a postage stamp.

Though not as dramatic, Canada Post is also pursuing its own restructuring to modernize and adapt.

It opened its first new plant in 20 years in Winnipeg in 2010. The organization is also retrofitting its massive operations in Toronto, Montreal and other cities. Modern equipment is speeding processing times, but it also means less manual handling — and rising tensions with unionized workers.

THE CANADIAN PRESS

Canadians holding onto cash: Survey

In the age of debit and credit cards, Canadians still love cash.

That's the conclusion of an unusual survey by the Bank of Canada, which talked to about 6,800 Canadians, including half who were asked to record their purchases over a three days. Findings revealed cash still accounts for 53.8 per cent of all transactions, and if the purchase was under $25, that share goes to about 70 per cent.

"In particular, consumers prefer to use cash because they find it fast, cheap, safe against fraud and convenient for budget-control purposes," it said in a discussion paper.

THE CANADIAN PRESS

Walmart raises stake in online Chinese retailer

Wal-Mart Stores Inc. plans to buy a controlling interest in the Chinese online retailer Yihaodian. The big-box-chain operator has agreed to increase its stake in Yihaodian's holding company to approximately 51 per cent, Walmart said Sunday. THE ASSOCIATED PRESS

YouTube reaches out to Tinseltown for viewers

YouTube is enlisting Hollywood's help to reach a generation of viewers more familiar with smartphones than TV remotes.

The online-video giant is aiming to create 25 hours of programming per day with the help of some of the top names in traditional TV.

The Google-owned site is spreading its wealth among producers, directors and other filmmakers using a $100-million US pot of seed money it committed last fall. The fund represents YouTube's largest spending on original content so far.

YouTube believes it is laying groundwork for the future. While the number of traditional TV watchers has levelled off, more and more people are watching video on mobile phones, tablets and computers, especially the 18- to 34-year-old age demographic that advertisers covet. The idea is to create 96 additional YouTube channels, which are essentially artists' home pages, where viewers can see existing video clips and click "Subscribe" to be notified when new content goes up. THE ASSOCIATED PRESS

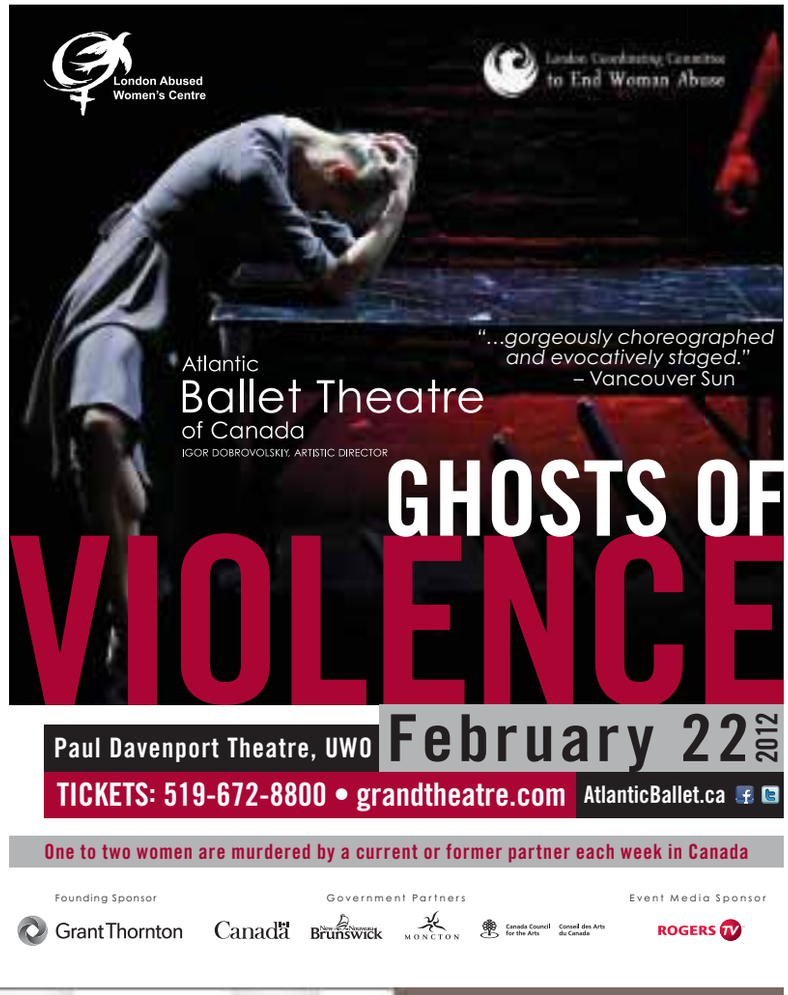
Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
No change (12,458.30)	No change (100.43¢ US)

Oil	Natural gas
No change ($103.24 US)	$2.68 US No change

Gold $1,725 US No change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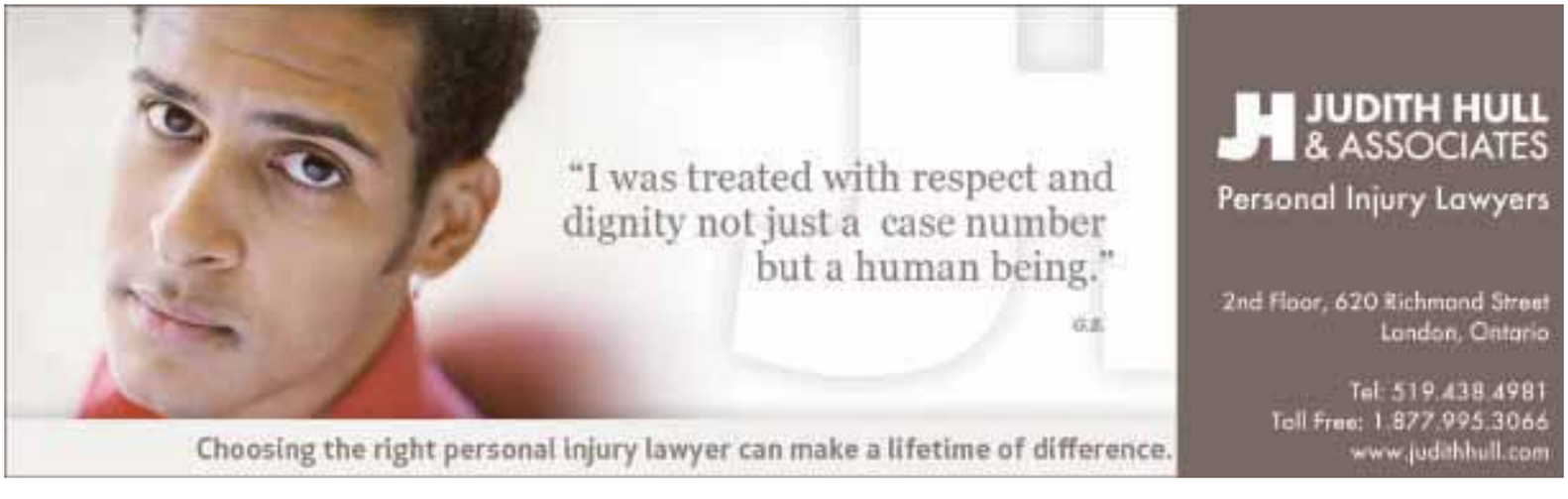
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YOU ARE WHAT YOU PIN

SHE SAYS ...

JESSICA NAPIER
METRO

If Facebook is like a diary of what my life actually looks like (albeit a carefully curated one), then Pinterest is my vision board for what I wish my life looked like.

If you're unfamiliar with this rapidly growing social-networking site, well, where have you been? Here's how it works: images of beautiful clothes, adorable animals, elegant homes and perfectly styled foodstuffs are virtually "pinned" onto thematic boards. Users can edit and share their digital pinboards with fellow pinthusiasts who can then comment on, like and re-pin the images on their own boards and so on.

While a small percentage of the images are purely practical — think "the best DIY drain cleaner" — the majority are simply things that are nice to look at. The photo-sharing site is especially popular among young women (hi there!) who grew up tearing images out of magazines and tacking them up on corkboards to create aspirational collages. Taking this low-tech practice and moving it online is both genius in its simplicity and its revenue-generating potential.

"In January of this year, Pinterest became the fastest website in history to break through the 10 million unique visitor mark..."

Not only is Pinterest easy to use, it's also hopelessly addictive. I've stayed up until 1 a.m. browsing online catalogues of stunning interiors because I decided my home-decor board absolutely needed some new material. I catch myself pinning at home, at the office, in transit ... heck, I've pinned 10 times already while writing this column.

Interestingly, Pinterest's user demographics in North America differ vastly from those across the pond. The overwhelming majority of American users are females (83 per cent) using the site to post images from feminine interest areas such as fashion, hair and beauty, wedding decor, recipes, etc. In Britain, more than 50 per cent of the users are males sharing very different materials, including SEO and marketing resources, web analytics and venture-capital-related items. Notwithstanding these differences, images concerned with homemade crafts rank pretty high in both countries. I guess you can't deny the popularity of DIY tchotchkes.

While you could dismiss this photo-sharing site as a frivolous collection of eye candy, you'd be a fool not to recognize its potential. I'm sure plenty of companies and brands would love to know that I have visited websites and even made a couple of purchases as a direct result of something I stumbled upon on someone's virtual pin board.

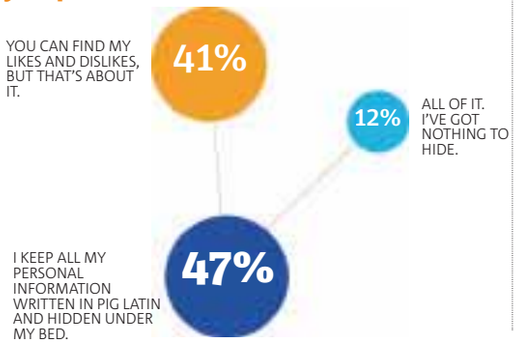
In January of this year, Pinterest became the fastest website in history to break through the 10-million-unique-visitor mark and it's growing exponentially every single day. So are you getting nervous, Mr. Zuckerberg?

Read more of Jessica Napier's columns at metronews.ca/shesays

Panel

Register at metropolitanpanel.ca and take the quick poll

How much personal information do you post online?


YOU CAN FIND MY LIKES AND DISLIKES, BUT THAT'S ABOUT IT.
41%
12%
ALL OF IT. I'VE GOT NOTHING TO HIDE.
I KEEP ALL MY PERSONAL INFORMATION WRITTEN IN PIG LATIN AND HIDDEN UNDER MY BED.
47%

Local tweets

- **@jasonjkerr:** People lose more change over a year than a 1% tax hike would be #ldnont
- **@TommyGoudge:** Judging by the traffic volume this morning, I'm the only citizen of #ldnont dumb enough to be working today.
- **@Kathy_Rumleski:** Traditionally toboggan on Family Day in #ldnont. Not this year. Perhaps not again this winter.
- **@Tony_Curcio:** very impressed with the crop of students I have this year. They have amazing drive and passion. #fanshawe #gis
- **@NathanLangenuwo:** Getting ready to compete head-to-head against Hong Kong School of business #westernu #jmucc
- **@dntdreamitsovr:** One more day of work and then let reading week commence! Cannot wait to sleep in #westernu
- **@Jvonwahl11:** Just left the #EMD line... They seem to be in good spirits but still uncertain of their future. Fear of the unknown is hard to face #ldnont

GETTY IMAGES

Daily Zoom

Out of the blue in Rio

Revellers gather in Rio for parade

RIO DE JANEIRO. This year's Carnival celebrations seem to have drawn some of the unlikeliest of fans. These "Smurfs" were some of the many revellers who descended on Rio de Janeiro to watch the elaborate parades of Carnival which culminate on Fat Tuesday before the start of the Catholic season of Lent. MWN

Swivelling hips for 40 minutes

PARADE. The main event of the Carnival takes place at the Sambadrome, a city strip flanked by stands with 80,000 spectators, where 13 samba schools perform with lavish moving floats. Feathered dancers dance and swivel their hips nonstop for 40 minutes to compete for the prize of the parade's champion. MWN

Carnival facts

- **History.** Carnival dates back to the 18th century and mixes the traditions of Portuguese settlers with the culture and history of the African slave population. The first parade of samba schools was in 1928.
- **What samba schools do.** Each school features up to 6,000 drummers, dancers and other participants as well as spectacularly decorated floats. The schools develop an allegorical theme with a specially written samba song.
- **Queens of the Night** Each school has a rainha, or queen, who leads the drum corps. Usually dressed in little more than a huge plumed headdress and high-heeled shoes, they are often famous actresses or models.

metro

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Filming on a mission

Act of Valor crew had their work cut out for them following the days of real-life Navy SEALs

ADAM NAYMAN
SCENE@METRONEWS.CA

HANDOUT

▶ Act of Valor is the product of a pair of documentaries made for the U.S. Air Force and Navy.

"We wanted to show that these guys were human beings and not Terminators," says Scott Waugh, the co-director of the unconventional new feature Act of Valor, an action movie starring real-life Navy SEALS.

"Originally, they turned us down, saying that they weren't actors, and that they weren't Hollywood guys.

"We told them that we only wanted them to be themselves."

Waugh is a former stuntman and his co-director Mike McCoy used to race motorcycles for a living, so it's no surprise that they were able to relate to a group of alpha-male types.

Act of Valor grew out of documentaries the pair made for the Air Force and the Navy, but it's a fictional narrative, featuring scripted dialogue, plot twists, and actors in supporting roles (mostly as the terrorist villains on the wrong end of the SEALS' gunsights).

McCoy says that the story is rooted in reality, however.

"Everything that happens to a SEAL in the film has happened to a SEAL on the battlefield."

In some cases, the line between filmmaking and field work blurred together: a scene where the SEAL team rendez-vous with a nuclear submarine was shot using the real thing.

"We waited until a true insertion operation was planned and then hopped on," says Waugh, who says that they weren't given exact coordinates on the sub's location until the morning of the shoot.

"All that stuff is real and shot in real time."

"We avoided CGI," adds McCoy.

"It's all real stuff, like in the action movies we were raised on."

That also means that the SEALs did their own stunts, which McCoy says was less of a stretch than one might think.

"The way they train, they're the most physically capable people on the planet."

While Waugh and McCoy acknowledge that releasing such a pro-military movie into such a polarized political moment is a risk, they say they don't have any agenda: their admiration for their subjects and subject matter is sincere.

"We had one goal when we started the film," says Waugh, "and that's that the guys would still want to have a beer with us when we were done. And I'm proud to say that we're still drinking beer together."

Shooting SEALs

▶ The Act of Valor crew followed real SEAL training sessions and although there might be concern about revealing the identities of these special operations forces, the SEALs they followed weren't in an operational position, but merely in training. The faces of the SEALs and their first names are used in the movie.

2 scene

Box office

Woody Allen's romantic fantasy Midnight in Paris and Alexander Payne's family drama The Descendants have won top screenplay honours from the Writers Guild of America. With his biggest hit in decades, writer-director Allen earned the guild's prize Sunday for original screenplay on Midnight in Paris. The film stars Owen Wilson as a modern Hollywood writer who gets a chance to hang with his literary idols in the 1920s Paris of Hemingway and Fitzgerald. Director Payne shared the adapted screenplay honour with co-writers Nat Faxon and Jim Rash. Based on the novel by Kaui Hart Hemmings, The Descendants stars George Clooney as a Hawaiian dad struggling to tend to his two daughters after a boating accident puts his wife in a coma.

THE ASSOCIATED PRESS

Canadian film sound engineers lose out to Hugo team at Audio Society Awards

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Houston items go up on the auction block

Singing legend was buried on Saturday and already her Bodyguard dress, earrings are up for grabs How much will these pieces of Whitney go for?

ALL PHOTOS GETTY IMAGES

A fan takes a photograph at the gravesite of Whitney Houston Sunday in Westfield, N.J.

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Well, that was quick. She was just buried on Saturday, but the vultures are already circling: It was announced on Sunday that the black velvet dress and a pair of earrings Whitney Houston wore in The Bodyguard will be put up for auction next month in California as part of a Hollywood Legends auction.

According to celebrity auctioneer Darren Julien, Houston's Bodyguard items became available after her death on Feb. 11.

"It proves a point that these items, they're an investment," Julien told The Associated Press.

"You buy items just like a stock. Buy at the right time and sell at the right time, and they just increase in value."

He continued: "It's a celebration of her life. If you hide these things in fear that you're going to offend someone — her life is to be celebrated. These items are historic now that she's passed."

Point taken. But her death is already so tragic. Can't we have an appropriate amount of time to mourn before everyone starts to profit off of her? Say, a week?

Lilo to actually work?

Lindsay Lohan is set to host Saturday Night Live on March 3, but the gig didn't come without a fair amount of begging and pleading, according to TMZ.

Sources say that with her community service nearly complete, the troubled actress is hoping to kick-start her career comeback.

To that end, Lohan reached out to the show's executive producer, Lorne Michaels, suggesting the idea of her hosting again. This will be Lohan's fourth time hosting the program.

And I know you all will be tuning for all of the wrong reasons.

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DOWNTOWN LONDON

How Emma got that red-carpet body

The Academy Awards are this Sunday, so you know celebs are busy working out to get ready ◗ Personal trainer Armando Alarcon, who works with The Help star Emma Stone, tells us how to rock the toned red-carpet look

For all the jokes about plastic surgery and dangerously thin actresses, many celebrities today look toned and tight because of one thing: They exercise regularly. And they work hard at it. See for yourself February 26th, on the red carpet at the Academy Awards. Sure to be there is Emma Stone, whose film The Help is nominated for Best Picture. We asked her personal trainer, Armando Alarcon, about her routine — and how you can emulate it.

Maximize your body 100 per cent

The first tip is to never single out one exercise. Full-body training will make you use more muscle and burn calories.

"The body does not move as one single entity," says Alarcon.

"Constantly change your routine with a mix of Pilates, basic weightlifting, yoga and plyometrics combined into one so that the body changes as a whole rather than one particular muscle group."

Identify, target and fix problem areas

When standing tall, a man will look stronger and a woman more elegant, but everyone has a problem area that can affect overall posture.

"I am not built to lift weights mentally. I do not like lifting heavy metal over my head. I have a lot of rage, I guess, and it comes out when I'm hauling steel overhead."
EMMA STONE, ON WORKING OUT WITH ARMANDO ALARCON

Identify these and bring the body back to its original state before building it back up again.

The most common problem occurs when your chest pulls you forward and your back doesn't have the strength to hold the shoulders back, rounding the shoulders and causing a squatted forward lean of the head.

You need to focus on working the back muscles (Pilates is great). Doing so also flattens out the stomach and brings the chest and the shoulders back and down and correctly aligned with the head.

Weights don't need to weigh you down

The celebs use weights — well, light ones.

"Think of it this way: walking is good, jogging is better and sprinting is best," says Alarcon. "Adding five-pound ankle or arm weights to any exercise is hard as heck but causes more of a burn, as it maximizes the effort and shortens the time needed to gain the maximum amount of muscle. You can go from doing 20 reps to 10 to 15, and get the exact same results," he continues.

If it's bad, don't eat it

Alarcon doesn't believe in diets. Allow yourself to eat what you want to eat or you will crash.

His food rules are simple: If you think it's bad, it probably is, so don't eat it. If you think it's too much, then don't eat it all. Whatever your vice is — carbs, fat or salt — change it.

Then eat breakfast. Proteins. Vegetables and water. And a flat stomach will follow, which you can then tone up with ab exercises. Sounds like a lot of work? For proof of the results, check out Emma this Sunday night.

GETTY IMAGES

▶ Actress Emma Stone

Alarcon on Emma

"Emma is the perfect example of someone who controls her eating very well. She doesn't go on diets and does indulge once in a while but overall, she eats very little meat and fatty foods and lots of fresh fruit and vegetables."

3 OF EMMA'S BEST COMBOS

ILLUSTRATION: MIA KORAB/METRO WORLD NEWS

THE PLANK/ PUSHUP

Lie face down on the floor with your palms at shoulder level, fingers pointing forward. Squeezing your gluteus, push yourself up until your body weight rests only on your palms and toes. Lower yourself and repeat.

THE HOP UP/ AND BACK

After three reps, hold plank position and begin to hop both knees in one motion toward the chest. Pause and in one motion kick both legs out again, ending up back in the plank position.

THE SQUAT/ JUMP

Sit into a squat. Stand with your feet shoulder-width apart. Lower yourself into a very low squat, with your back straight and feet fully on the floor. Rise onto your toes and hop 2 or 3 inches into the air while maintaining your squat position.

3 life

Drink this

Armando's flat-stomach green juice

Blend:
3 green apples
A generous bunch of spinach
A handful of kale
2 stalks of celery

Quoted

"I triple-Spank, which is not good. Spanx really, really work, but you don't need to overdo it. It's wonderful because it gives you the illusion of an hourglass with the sand kind of spread out."

THE HELP OSCAR NOMINEE OCTAVIA SPENCER TO HOST ELLEN DEGENERES ON THE AMOUNT OF SPANX SHE WORE TO CURB HER CURVES AT THE GOLDEN GLOBES

Transgender kids get puberty-blocking drugs, sex-changing hormones; MDs say numbers are rising

Hearty Viet-Thai authenticity

Ben Thanh serves up delicious dishes representing both countries

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

PAUL MITCHELL

▶ Vermicelli Bowl ($10.25)

Ben Thanh describes itself as 'an entrée to Asia.' With its sweeping 14-page Vietnamese and Thai menu, it is easy to find a familiar favourite.

The decor has undergone renovations that look elegant in a sparsely eclectic fashion. Chairs are comfortable but tables and finishes are clearly designed for functionality over polish.

We start on fresh Pork Rind Rolls ($4.95) and Cyclone Rolls ($6.45) with deep-fried noodles as breading. They are a nice combo of cool and warm, both pleasantly accompanied by sweet-sour fish sauce.

Mains of orange-coloured and egg-rich Chicken Pad Thai ($13.25) and a Vermicelli Bowl ($10.25) are enthusiastically devoured. The warm rice noodles, topped with grilled pork balls, charred barbecue pork and a crispy spring roll, do not lack in hearty authenticity.

We experience no shortage of efficient service and huge portions at Ben Thanh. Despite cosmetic changes, the food remains as good as I remember.

Ben Thanh Viet Thai Restaurant
57 York St. (at Ridout)
519-438-4888
benthanhlondon.com
Social lunch: Yes
Price range: $7.95 - $13.25
Rating: 3.5 out of 5

THE CANADIAN PRESS H/O

Angel Hair Tuna

Preparation:

1. In pot of boiling salted water, cook pasta about 8 mins. or until tender but firm. Reserve some cooking water; drain pasta. Return pasta to pot.
2. In nonstick skillet, heat oil and lemon rind over medium heat until sizzling. Mix tuna with 15 ml (1 tbsp) of reserved pasta cooking water. Stir lemon oil into pasta and add tuna, heating mix gently. Add lemon juice; stir in tomatoes. Serve with lemon. **THE**

Ingredients:

- 130 g (4 1/2 oz) angel hair pasta
- 15 ml (1 tbsp) olive oil
- 15 mL (1 tbsp) grated lemon rind
- 30 mL (2 tbsp) lemon juice
- 2 cans (85 g each) flaked light tuna (garlic and hot pepper flavour)
- 250 ml (1 cup) halved grape tomatoes
- Lemon wedges

CANADIAN PRESS/ CLOVER LEAF/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOKS.CA)

Pumpkin twist on Shrove Tuesday

In what's become tradition, the day before Lent is known for pancakes, which are made with ingredients that are often restricted during the 40-day fast

NEWS CANADA

▶ This recipe serves four.

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HEART & STROKE FOUNDATION

Preparation:

1. Combine flour, brown sugar, pumpkin pie spice, baking powder, baking soda and salt in a large bowl.
2. In a separate bowl combine milk, egg, pumpkin, oil, lemon juice and vanilla. Beat with a whisk until smooth. Add to dry ingredients, stirring just until blended. Do not over beat.
3. Heat a large skillet or griddle on medium high heat, adding a small amount of oil. Portion approximately 1/4 cup of batter on griddle, repeating to fill griddle. Cook pancake until bottom is brown and top has bubbles, about 2 minutes. Flip pancakes and continue cooking until bottom is browned. Repeat until all batter is cooked. Serve immediately with Hot Apple Cider Syrup.
4. Syrup: Combine cider and corn syrup in a small saucepan over high heat. Bring to a boil, reduce heat and cook about 15 minutes until mixture has a syrupy consistency.
5. Add butter, cinnamon, nutmeg and vanilla. Keep warm and serve over pancakes. **NEWS CANADA/ ADAPTED FOR METRO NEWS BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR & TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 1 cup all-purpose flour
- 2 tbsp brown sugar
- 1 tsp pumpkin pie spice
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 cup milk
- 1 egg
- 1/3 cup canned pumpkin
- 2 tablespoons Mazola Veg Plus! canola and vegetable oil blend
- 1 tbsp lemon juice
- 1 tsp pure vanilla extract
- Mazola Veg Plus! canola and vegetable oil blend for skillet/griddle

Apple Cider Syrup

- 1 cup apple cider or juice
- 1 cup BeeHive corn syrup
- 2 tbsp butter
- 1/4 tsp ground cinnamon
- Dash ground nutmeg
- 1/2 tsp pure vanilla extract

No more Excuses

Removing roadblocks for RRSPs

WAVEBREAK MEDIA/THINKSTOCK

JANE DOUCET
FOR METRO

With the RRSP deadline looming on Feb. 29, some Canadians may be scrambling to find funds to contribute.

The ideal scenario is to set money aside for RRSPs on a regular basis. "The best plan is to contribute a fixed amount monthly," says Paul Lermitte, a Vancouver-based certified financial planner with Assante Wealth Management.

The monthly amount gets automatically deducted from your bank account. Then, if at some point during the year you get a work bonus or inherit money, you can top up your contributions.

Not having a ready stash of cash to invest is just one roadblock stopping people from contributing to an RRSP.

Here is how to overcome that obstacle and others.

Can't scrounge up a dime. If you have raided your piggy bank but still can't come up with money to invest, consider taking out an RRSP loan. "Borrow an affordable amount for one year, maximum," says Lermitte. "Then pay back some of the loan with the tax refund the RRSP generates."

Spent too much at Christmas. If you blew your budget buying gifts for everyone on your list, you could end up mired in credit card debt leading up to the RRSP deadline. "That doesn't mean you shouldn't buy Christmas gifts," says Lermitte. "But it is a sign that you should start reining in your holiday spending."

Missed the deadline. Hoping there is a grace period post-deadline? Unfortunately, there isn't. But arriving late to the party can be an opportunity in disguise.

"If you miss the deadline, that's OK," says Lermitte. "What you need to do now is get a certified financial planner to help you start planning right away for next year."

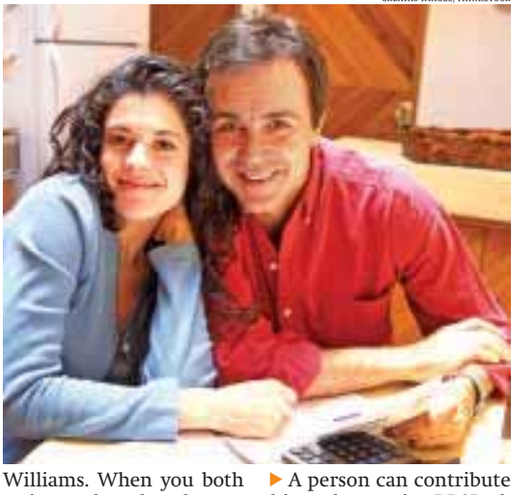
When the time comes, try not to wait until the day before the deadline to hand over your cash; the sooner before the final moment you can do so, the better prepared you will be.

Waited too long to start. If you are 10 years or more away from retirement and you finally have a good chunk of change to invest in your first RRSP, it might be worth your while, but talk to your financial adviser to make sure. The closer to retirement you are, the less time you will have to take advantage of compound interest. Also, you must start withdrawing some of your RRSPs at 71.

"If you're less than a decade away from retirement, you'd probably be better off making non-registered investments like a tax-free savings account," says Lermitte.

Divide and prosper

Spousal RRSPs can help balance the income load


CREATAS IMAGES/THINKSTOCK

YLVA VAN BUUREN
FOR METRO

A spousal RRSP is a regular RRSP with one important difference, says Mike Henry, senior vice-president of retail products, Scotiabank: The person making the contribution is doing so in their spouse's name.

"This lets couples divide up their retirement income as a way of minimizing their overall tax liability in retirement. It's really useful in that you can help balance the income load and try and keep each spouse in a lower overall income tax bracket in retirement."

A spousal RRSP is an income splitting strategy with the objective of reducing the cumulative family tax bill, according to Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning.

Through their working life, the person with the higher income can shift income to the person in the lower tax bracket, says Williams. When you both retire, rather than have a disproportionate pool of RRSP income, you have equal amounts, says Williams. If you need $50,000 of household income, you would pull $25,000 from each plan.

"From a tax perspective, that's much better than taking the entire amount from the one."

Here's what you need to know about spousal RRSPs:

- A person can contribute his or her entire RRSP allowance into a personal RRSP, put it all in a spousal RRSP, or split up the contribution.
- Once money is in a spousal RRSP, it becomes that person's money — even though the other person makes contribution.
- The contributor gets the tax deduction.
- Any withdrawal is taxed.

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What's all the RRSP fuss about?

More money grows larger and faster than less money — so start saving And who doesn't want to pay less taxes?

ISTOCK

▶ Want to retire on a tropical island? Start tucking away some money from every paycheque.

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

RRSP season is the only time of year I ever recommend stampeding to the bank as quickly as possible to set up an RRSP account or make a contribution. Each year you have until March 1 to contribute to your RRSP and have it count for the previous tax year.

Wondering what the big deal is with RRSPs? Simply put; the RRSP is the single most powerful tool Canadians have to save money for retirement.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

When you're starting out, perhaps a new career, buying a home, or raising a family, tax deferral is very valuable. It allows you to maximize your savings opportunities even though your budget might be tight.

"I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars."

Nearly anyone can have an RRSP. Individuals can contribute up to 18 per cent of their income, up to $22,450 for tax year 2011, and the limit can sometimes vary depending on your pension program at work. If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

Start contributing regularly on pay day and increase your contributions annually until you reach your maximum limits. Check whether your employer has an RRSP or pension plan you can participate in.

I know there are competing priorities for your money, but paying yourself first, using an RRSP, will save you thousands of dollars.

SNEEZING AT THE DINNER TABLE

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA
FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Butler, when at dinner and one feels a sneeze coming on, how do you handle the situation? Sneeze into the napkin? Turn your head and sneeze into the napkin? Then there is the nose blow. Turn your head and blow into the napkin or leave the table to take care of it? Does one even use their napkin? Very confused here. Arthur

Dear Arthur,

Lets first deal with the easy part of your question. The dinner napkin is never, under any circumstances, used as a handkerchief, so blowing your nose into your napkin will never be an acceptable option.

Should you ever need to blow your nose while at the table, you should always excuse yourself from the table and ideally blow your nose in a Kleenex or handkerchief, far enough away so that the others at the table do not hear you.

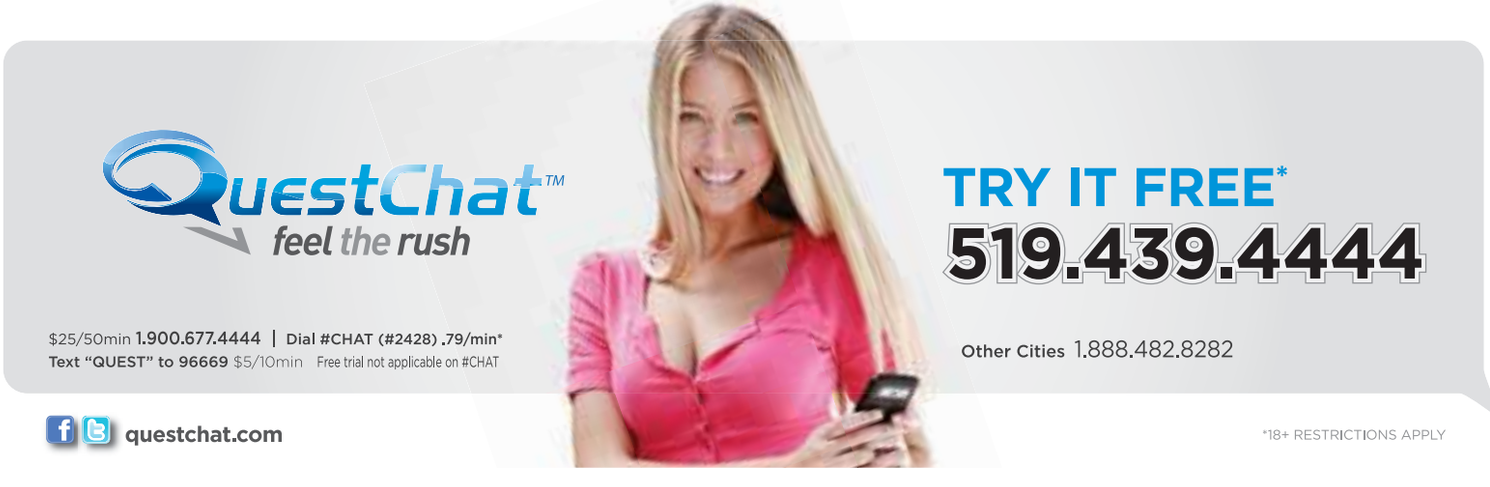
Now, as for sneezing at the table. Remember that sneezing can spread germs. If you must sneeze at the table, grab your napkin, cover both your mouth and nose, put your head down as close to your chest as possible and try to push your chair back from the table before sneezing.

It is even better if you are seated in a position that allows you to turn your head away from everyone.

In any case, try to never sneeze in someone's direction, or in the direction of the food.

ISTOCK

▶ The dinner napkin should not be used for blowing your nose.



Shrugging off controversy

‘I don’t care if anybody is singling me out,’ Toronto slugger Bautista says of PED questions

FRANK GUNN/THE CANADIAN PRESS

▶ Jose Bautista prepares for batting practice on Monday under the watchful eye of Blue Jays manager John Farrell in Dunedin, Fla.

Albert Pujols pulled in for his first day of spring training with the Anaheim Angels on Monday amid dozens of television cameras and required a separate press conference back at the team hotel to handle the media interest.

Jose Bautista, meanwhile, has been going about his business in Florida the past few days in advance of the Blue Jays’ camp in relative anonymity. But there is some common ground for the two superstars — both say they have been tested for performance enhancing drugs well in excess of normal league protocol.

Bautista addressed the issue Monday in Dunedin, the first time he spoke to Toronto media on the matter after a tweet in mid-January fanned into a brief controversy.

Bautista maintained he was tested 16 times over the course of his back-to-back American League home run champion seasons (2010 and 2011). Major League Baseball said those figures did not match up with their numbers, and for a week after the story broke, there were questions about who was correct.

“I don’t care,” Bautista said about the entire affair.

“At first it got blown way out of proportion. I was at a dinner and a player asked me a question and I gave him my answer. I didn’t know there were (press) working there and that didn’t matter. Then it became a story, from the first time it got tweeted or whatever, it went from there.”

Major leaguers can expect at least two unannounced tests during the regular season and possibly two more during spring training.

“I wouldn’t have signed that contract if I didn’t feel (the organization was building a winner) ... I feel we have the group in place and that we’re ready to go for it.”
JOSE BAUTISTA ON THE BLUE JAYS’ CHANCES IN 2012

Pujols, like Bautista, said he was tested well beyond those numbers. Neither has ever tested positive for any banned substance.

During the off-season, Bautista said that he took two months off, largely to rest his body after a series of injuries in the second half of the season.

“To me, the most important thing is remaining healthy and staying on the field to help this team in any way I can,” said Bautista.

“If we win and get into the playoffs, then that dictates what is my success (in Toronto).” **TORSTAR NEWS SERVICE**

4 sports

Sports in brief

Suspended slugger Manny Ramirez agreed to a minor league contract Monday with the Oakland Athletics that is worth approximately $500,000 US if he’s added to the big league roster.

Ramirez must serve a 50-game suspension for his second positive drug test before he can play for the A’s.

THE ASSOCIATED PRESS

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Education

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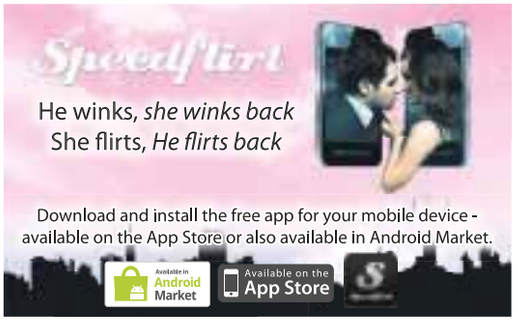
General Services


Speed flirt
He winks, she winks back
She flirts, He flirts back
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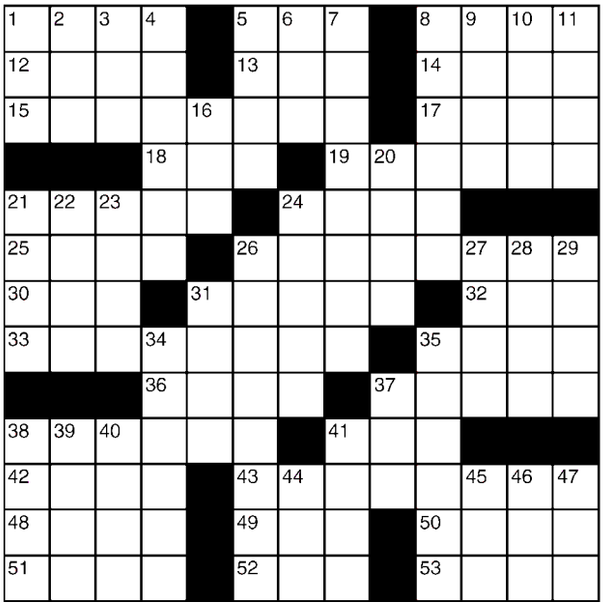
Crossword



Across
1 Above
5 Stick out
8 Take out of the manuscript
12 Carry on
13 Fire residue
14 Holly
15 Poisonous evergreen
17 Put away for a rainy day
18 Seek restitution
19 Funny, in an O. Henry sort of way
21 Ersatz chocolate
24 Huff and puff
25 Prayer ending
26 Sieve
30 Business deg.
31 "The Age of Anxiety" poet
32 Past
33 Potpourri of a sort
35 Rorschach test picture
36 Cincinnati team
37 Mustard-family herb
38 Urban problem
41 Hot tub
42 Bedouin
43 Robinson Crusoe, e.g.
48 Hammer's target
49 Ultra-modernist
50 Money
51 Rote of football lore
52 Talk on and on
53 Syringe, for short

Down
1 Acapulco gold
2 Actor Kilmer
3 Previous night
4 Logic
5 Nephrite
6 Work with
7 Michael Jackson hit
8 Repudiate
9 Verve
10 Jeans-maker Strauss
11 Biz bigwig
16 Gist
20 Reddish horse
21 Bivouac
22 Early pulpit
23 Paper quantity
24 Portends
26 Holding affectionately
27 Chip's cartoon pal
28 Ids' counterparts
29 Deteriorates
31 From the beginning
34 Fit for farming
35 Limb
37 Tax pro
38 Foundered
39 Say grace, e.g.
40 Bar
41 Unkempt one
44 Vast expanse
45 Week fraction
46 Kreskin's claim
47 Pi follower
53 Barbie's companion

▶ Friday's answer

Sudoku

	9	2	1		8			6
	8	6						1
4			9					
5	1				4			
	2	4				5	7	
			5				9	4
					7			9
9						7	8	
1			8		6	4	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

7	2	4	1	3	9	5	6	8
9	5	1	4	8	6	3	7	2
3	6	8	2	5	7	1	9	4
2	8	5	6	9	4	7	3	1
1	9	3	8	7	2	6	4	5
4	7	6	5	1	3	8	2	9
8	3	2	9	6	5	4	1	7
5	4	7	3	2	1	9	8	6
6	1	9	7	4	8	2	5	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

BigRedDog, Who would have thought petting your dogs would turn into a life time together? We've been through more in one year than most couples go through in a lifetime, and i wouldn't have changed not one moment. Love to love you & want to want you 4evr4always <3 AMEN! **ESTROGEN**

MY KNIGHT AND HERO
You came into my life when I needed you the most, you opened my soul and breathed life back into me...I owe you forever, and with that I will have you forever in my heart and soul, i miss you but I know you are with me...I have stayed with you like you asked,,,my heart aches for you all the time....I am your lady till the end of time. **YOUR LADY**

JR, How many famous people in your head?! you can provide any one so smart i love you!!! **RR**

Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

♈ Aries March 21-April 20
Speak your mind today and don't worry too much who might be offended.

♉ Taurus April 21-May 21
Don't be secretive about your social and professional ambitions – let everyone know what it is you are hoping to achieve.

♊ Gemini May 22-June 21
You will be intensely ambitious over the next few days. Go for it!

♋ Cancer June 22-July 22
Can you afford to sit back and look smug as the plans you made a few months ago begin to pay off? Yes you can.

♌ Leo July 23-Aug.23
This is a good time to start something of a business nature.

♍ Virgo Aug. 24- Sept. 22
Are you looking at a situation with clear eyes, or are you seeing what you want to see rather than what is truly there?

♎ Libra Sept. 23-Oct. 23
You must pace yourself sensibly today, even if you think you can labour from dawn to dusk without a break.

♏ Scorpio Oct. 24-Nov. 22
All things are possible and if you want something enough you will find ways to get it today.

♐ Sagittarius Nov. 23-Dec. 21 Don't turn your back on someone who needs help, even if they have been less than helpful to you in the past.

♑ Capricorn Dec. 22-Jan. 20
There is no point losing your temper with someone whose beliefs you profoundly disagree with.

♒ Aquarius Jan. 21-Feb. 18
Make a decision and stick with it. If you chop and change you could do yourself a great deal of damage.

♓ Pisces Feb. 19-March 20 A new moon in your sign means a new beginning – but what kind of new beginning is entirely up to you.

SALLY BROMPTON

Caption contest

DAVID GUTTENFELDER/ THE ASSOCIATED PRESS

FELIPE DANA/THE ASSOCIATED PRESS

WIN!

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